

Mountaineer First Chance - 3/21/2025
Randy Marion Track and Field Facility
Boone, NC
Results

Event 1 Women Javelin Throw

Name	School	Finals
Finals		
1 Marr, Miranda	Lenoir-Rhyne	33.17m
2 Karnilowicz, Julia	Lenoir-Rhyne	29.84m
3 Strouth, Braelynn	Uva-Wise	28.74m
4 Goetz, Abigail	App State	27.77m
5 Anderson, Miranda	Belmont Abbe	27.43m
6 Oxaal, Alexandra	Belmont Abbe	26.70m
7 Dittrich, Agustina	Tusculum	23.72m
8 Smith, Kieley	Tusculum	23.40m
9 Buchanan, Mady	Uva-Wise	21.54m
10 Grabow, Emily	Lenoir-Rhyne	20.56m
11 Dingus, Emma	Uva-Wise	20.27m
12 Gibson, Emma	Uva-Wise	20.14m
13 Bigger, Lilian	Ferrum	18.48m

Event 2 Men Javelin Throw

Name	School	Finals
Finals		
1 McGrath, Michael	Tusculum	52.04m
2 Stroin, Zach	King	50.35m
3 Wise, Josh	Lenoir-Rhyne	49.55m
4 Davenport, Colby	Emory & Henr	46.59m
5 Girard, Noah	Tusculum	46.33m
6 Stanley, Jake	App State	45.57m
7 Belcher, Andrew	Lees-McRae	42.36m
8 Grate, Ezra	Lenoir-Rhyne	41.59m
9 McPherson, DaMauri	Ferrum	40.86m
10 Carter, Nolen	King	37.66m
11 Dingus, Abel	Uva-Wise	36.84m
12 Owens, Zachary	Uva-Wise	35.99m
13 Cline, Bobby	Uva-Wise	35.72m
14 Thorson, Rexton	Belmont Abbe	35.37m
15 Phan, Steven	Lenoir-Rhyne	31.41m
16 Fowler, Colin	Lees-McRae	29.71m
17 Noel, Avone	Uva-Wise	27.26m

Event 3 Women Hammer Throw

Name	School	Finals
Finals		
1 Hogan, Amber	Tusculum	44.27m
2 Nippa, Savannah	Lenoir-Rhyne	42.03m
3 Boykin, Dianna	App State	40.82m
4 Edwards, Emily	App State	40.29m
5 Woodruff, Elizabeth	Belmont Abbe	37.58m
6 Karnilowicz, Julia	Lenoir-Rhyne	36.87m
7 Gray, Morgan	Lees-McRae	36.03m
8 Fleming, Olyvia	Uva-Wise	34.62m
9 Dingus, Emma	Uva-Wise	34.43m
10 Flure, Lucy	Belmont Abbe	30.53m
11 Leonard, Catie	Emory & Henr	30.29m
12 Gross, Kate	Uva-Wise	28.74m
13 Ellis, Brittany	App State	28.52m

14 Bobbitt, Emma	Uva-Wise	27.48m
--- Anderson, Miranda	Belmont Abbe	FOUL

Event 4 Men Hammer Throw

Name	School	Finals
Finals		
1 Lee, Gavin	Emory & Henr	56.45m
2 Waddell, Harrison	Lenoir-Rhyne	52.06m
3 Wallace, Zavery	Emory & Henr	50.28m
4 Mowatt Jr., Dennis	App State	45.84m
5 Cline, Bobby	Uva-Wise	45.55m
6 Stanley, Jake	App State	45.46m
7 Jackson, Marshall	Rio Grande	43.84m
8 Burch Jr., Jeremiah	App State	42.89m
9 Blevins, Hunter	Uva-Wise	42.82m
10 Malmstrom, Triston	Rio Grande	41.61m
11 Joseph, Rubens	Lenoir-Rhyne	40.68m
12 Stewart, Chris	App State	40.16m
13 Weber, Ryan	Rio Grande	39.97m
14 Keen, Michael	App State	39.09m
15 Gilliam, Noah	King	36.39m
16 Owens, Jesse	King	36.22m
17 Dunn, Owen	App State	35.70m
18 Holcomb, Kyle	Ferrum	35.03m
19 Burney, Richard	Tusculum	34.31m
20 Powers, Davis	Belmont Abbe	33.07m
21 Self, Brayden	King	32.34m
22 Cline, Khan	Lees-McRae	31.90m
23 Stroin, Zach	King	30.83m
--- Blevins, Connor	Uva-Wise	FOUL
--- Herron, Ben	Uva-Wise	FOUL
--- Combs, Caleb	Lenoir-Rhyne	FOUL

Event 5 Women High Jump

Name	School	Finals
Finals		
1 Nemanyte, Patricija	Lenoir-Rhyne	1.60m
2 Marr, Miranda	Lenoir-Rhyne	1.55m
3 Cristensen, Hope	Emory & Henr	1.50m
3 Cox, Raegan	Uva-Wise	1.50m
5 Lindsey, Caydence	Belmont Abbe	1.45m
5 Soto, Angely	Belmont Abbe	1.45m
5 Mochi, Fina	Belmont Abbe	1.45m
5 Chappell, Alyssa	Emory & Henr	1.45m
9 Thierfelder, Ann	Belmont Abbe	1.35m
9 Beverley, Airiana	Ferrum	1.35m

Event 6 Men High Jump

Name	School	Finals
Finals		
1 Koelling, Kaleb	Belmont Abbe	2.00m
2 West, Kahlil	Lenoir-Rhyne	1.95m
3 Green, Jayden	Lees-McRae	1.90m
4 Ihlenburg, Joseph	Emory & Henr	1.85m
4 Craft, Andrew	Emory & Henr	1.85m

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Results**Finals ... (Event 6 Men High Jump)**

Name	School	Finals
6 Childress, Jaiden	Ferrum	1.80m
6 Madsen, Max	Ferrum	1.80m
8 Thorson, Rexton	Belmont Abbe	1.75m
9 Enongene, Dion	Lenoir-Rhyne	1.70m

Event 7 Women Shot Put

Name	School	Finals
Finals		
1 Ellis, Brittany	App State	11.64m
2 Booker, Danyell	Tusculum	11.61m
3 Edwards, Emily	App State	10.64m
4 NemanYTE, Patricija	Lenoir-Rhyne	10.36m
5 Hogan, Amber	Tusculum	10.23m
6 Nippa, Savannah	Lenoir-Rhyne	9.97m
7 Woodruff, Elizabeth	Belmont Abbe	9.93m
8 Etienne, Mathilde	Lenoir-Rhyne	9.79m
9 Gray, Morgan	Lees-McRae	9.64m
10 Bobbitt, Emma	Uva-Wise	8.71m
11 Gibson, Emma	Uva-Wise	8.10m
12 Flure, Lucy	Belmont Abbe	8.05m
13 Leonard, Catie	Emory & Henr	7.89m
14 Gross, Kate	Uva-Wise	7.82m
15 Davis, Devon	Lees-McRae	7.49m
16 Bigger, Lilian	Ferrum	7.45m
17 Rah, Sara	Ferrum	6.36m

Event 8 Men Shot Put

Name	School	Finals
Finals		
1 Stewart, Chris	App State	15.99m
2 McKinney, Keegan	Rio Grande	15.09m
3 Wise, Josh	Lenoir-Rhyne	14.63m
4 Ehersman, Joshua	Lees-McRae	14.31m
5 Gumm, Adrian	Tusculum	14.16m
6 Mowatt Jr., Dennis	App State	13.98m
7 Waddell, Harrison	Lenoir-Rhyne	13.91m
8 Burch Jr., Jeremiah	App State	13.79m
9 Rowell, Gavin	Tusculum	13.70m
10 Wallace, Zavery	Emory & Henr	13.50m
11 Keen, Michael	App State	13.21m
12 Blevins, Hunter	Uva-Wise	13.00m
13 Dunn, Owen	App State	12.96m
14 Knight, Nick	Rio Grande	12.81m
15 Home, Dylan	Tusculum	12.63m
15 Powers, Davis	Belmont Abbe	12.63m
17 Cline, Khan	Lees-McRae	12.56m
18 Gilliam, Noah	King	11.89m
18 Burney, Richard	Tusculum	11.89m
20 Blevins, Connor	Uva-Wise	11.64m
21 Owens, Jesse	King	11.50m
22 Combs, Caleb	Lenoir-Rhyne	11.38m
23 Schuster, James	Belmont Abbe	11.34m
24 Holcomb, Kyle	Ferrum	11.22m

25 Grate, Ezra	Lenoir-Rhyne	11.20m
26 Newman, Alex	Belmont Abbe	10.86m
27 Guadalupe, Malik	Emory & Henr	10.81m
28 Herron, Ben	Uva-Wise	10.41m
29 Carter, Nolen	King	9.90m
30 Joyner, Elijah	Ferrum	9.73m
31 Campbell, Ryan	Uva-Wise	9.69m
32 Gordon, Devonte	Belmont Abbe	8.78m
33 Hillman, Jaylon	Ferrum	7.58m

Event 9 Women Pole Vault

Name	School	Finals
Finals		
1 Meeker, Noelle	Unattached	3.64m
2 Fowlkes, Caroline	App State	3.49m
3 Goetz, Abigail	App State	3.34m
4 Ramsdale, Harper	Lenoir-Rhyne	3.04m
5 walker, Jocelyn	Lees-McRae	2.89m
6 Dupree, Adair	Lenoir-Rhyne	2.74m
7 Thompson, Tori	Belmont Abbe	2.59m
7 Mochi, Fina	Belmont Abbe	2.59m
9 Reeping, Taylor	Belmont Abbe	2.44m
--- Buchanan, Mady	Uva-Wise	NH
--- Butler, Elizabeth	King	NH
--- Cannon, Rachel	Belmont Abbe	NH
--- Thompson, Kaia	Lees-McRae	NH
--- Lensch, Caitlyn	Lenoir-Rhyne	NH

Event 10 Men Pole Vault

Name	School	Finals
Finals		
1 Karicher, Mike	Lenoir-Rhyne	4.50m
2 Bigelow, Matthew	App State	4.20m
3 Brown, Javon	Lenoir-Rhyne	3.90m
3 Garrett, Hunter	Uva-Wise	3.90m
3 Jennings, Aaron	Lenoir-Rhyne	3.90m
3 Rosson, Nathan	King	3.90m
7 Phan, Steven	Lenoir-Rhyne	3.75m
8 Miller, Branon	App State	3.60m
9 Noel, Avone	Uva-Wise	3.30m
9 Holmes, Caleb	Lenoir-Rhyne	3.30m

Event 11 Women Long Jump

Name	School	Finals
Finals		
1 Owens, Kimberley	Lenoir-Rhyne	5.57m 2.4
2 Etienne, Mathilde	Lenoir-Rhyne	5.35m 2.8
3 Dittrich, Agustina	Tusculum	5.32m 2.1
4 Outland, Madison	Uva-Wise	5.15m 3.5
5 Spangler, Mia	Emory & Henr	5.09m 3.2
6 Banks, Jasmine	Belmont Abbe	5.05m 3.3
7 Armstead, Samaya	King	5.00m 1.6
8 Harris, Abby	Emory & Henr	4.92m 4.0
9 Ansley-Cureton, Destiny	Uva-Wise	4.89m 4.1
10 Smith, Kieley	Tusculum	4.85m 3.4

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Finals ... (Event 11 Women Long Jump)

Name	School	Finals
11 Williams, Mia	Belmont Abbe	4.82m 3.6
12 Brodt, Kylie	Uva-Wise	4.79m 3.1
13 Thierfelder, Ann	Belmont Abbe	4.76m 3.9
14 Sutherland, Madison	Uva-Wise	4.70m 3.3
15 Feehan, Ella	Belmont Abbe	4.66m 2.4
16 Soto, Angely	Belmont Abbe	4.58m 3.5
17 Knight, Ella	Emory & Henr	4.39m 2.3
18 Beverley, Airiana	Ferrum	4.36m 2.7
19 Cristensen, Hope	Emory & Henr	4.30m 1.4
19 Kelley, Emma	Ferrum	4.30m 1.6

Event 12 Men Long Jump

Name	School	Finals
1 Gooding-Williams, Dayzhaun	Belmont Abbe	6.96m 2.8
2 Davis, Albert	Belmont Abbe	6.84m 2.4
3 Woolard, Tylei	Lenoir-Rhyne	6.76m 2.5
4 Madsen, Max	Ferrum	6.56m 3.1
5 Craft, Andrew	Emory & Henr	6.35m 2.1
6 Greene, Na-Shawn	Ferrum	6.28m 1.7
7 Simerlein, Bennett	King	6.22m 1.2
8 Ihlenburg, Joseph	Emory & Henr	6.19m 3.5
9 Thatcher, Oliver	Lenoir-Rhyne	6.17m 2.1
10 Elmer, Orrin	Lees-McRae	5.98m 4.6
11 Noel, Avone	Uva-Wise	5.49m 2.9
11 Lawson, Deontae	Ferrum	5.49m 0.8
13 Childress, Jaiden	Ferrum	5.28m 3.6
14 Terry, Joseph	Ferrum	4.92m 2.9

Event 13 Women Triple Jump

Name	School	Finals
1 Dillon, Lora	Lees-McRae	11.30m 3.0
2 Cox, Raegan	Uva-Wise	10.87m 2.1
3 Spangler, Mia	Emory & Henr	10.86m 0.8
4 Brodt, Kylie	Uva-Wise	10.75m 3.1
5 Strouth, Braelynn	Uva-Wise	10.64m 1.6

Event 14 Men Triple Jump

Name	School	Finals
1 Henriques, Nick	Lenoir-Rhyne	14.28m 4.1
2 Cardillo, Nikolas	Lenoir-Rhyne	13.98m 4.8
3 Scott, Lodrick	Lees-McRae	13.53m 1.9
4 Craft, Andrew	Emory & Henr	13.05m 4.6
5 Gooding-Williams, Dayzhaun	Belmont Abbe	12.34m 4.0
6 Bankole, Tayo	Lees-McRae	12.26m 2.4

Event 16 Men Discus Throw

Name	School	Finals
1 Stewart, Chris	App State	45.98m
2 Lee, Gavin	Emory & Henr	45.47m

3 Burch Jr., Jeremiah	App State	44.34m
4 Belcher, Andrew	Lees-McRae	43.56m
5 Waddell, Harrison	Lenoir-Rhyne	41.30m
6 Keen, Michael	App State	40.47m
7 Dunn, Owen	App State	40.08m
8 Thatcher, Oliver	Lenoir-Rhyne	39.80m
9 Ehersman, Joshua	Lees-McRae	39.21m
10 Jackson, Marshall	Rio Grande	39.12m
10 McGrath, Michael	Tusculum	39.12m
12 Wallace, Zavery	Emory & Henr	38.71m
13 Malmstrom, Triston	Rio Grande	38.38m
14 Grate, Ezra	Lenoir-Rhyne	38.24m
15 Cline, Khan	Lees-McRae	37.28m
16 Cline, Bobby	Uva-Wise	36.16m
17 Newman, Alex	Belmont Abbe	35.85m
18 Guadelupe, Malik	Emory & Henr	35.51m
19 Powers, Davis	Belmont Abbe	35.10m
20 Self, Brayden	King	35.03m
21 Campbell, Ryan	Uva-Wise	34.40m
22 Holcomb, Kyle	Ferrum	33.35m
23 Gilliam, Noah	King	33.31m
24 Stanley, Jake	App State	32.54m
25 Knight, Nick	Rio Grande	32.47m
26 Combs, Caleb	Lenoir-Rhyne	31.36m
27 Weber, Ryan	Rio Grande	30.87m
28 Owens, Jesse	King	29.89m
29 Joseph, Rubens	Lenoir-Rhyne	29.86m
30 Fowler, Colin	Lees-McRae	28.76m
31 Herron, Ben	Uva-Wise	26.69m
32 Blevins, Connor	Uva-Wise	26.50m
33 Carter, Nolen	King	25.01m
34 Hillman, Jaylon	Ferrum	22.67m
35 Joyner, Elijah	Ferrum	21.94m
--- Mowatt Jr., Dennis	App State	FOUL
--- McKinney, Keegan	Rio Grande	FOUL
--- Gordon, Devonte	Belmont Abbe	FOUL
--- Schuster, James	Belmont Abbe	FOUL

Event 17 Women 4x100 Meter Relay

Team	Relay	Finals
1 Tusculum	A	45.85
1) Taylor, Kiera	2) Cox, Shanice	
3) Green-White, Theresa	4) Hart, Jahzara	
2 Tusculum	B	48.87
1) Shelton, Alonda	2) Castlin, Qitarah	
3) Moore, Kori	4) Smith, Kielely	
3 Uva-Wise	A	50.73
1) Outland, Madison	2) Ansley-Cureton, Destiny	
3) Faulkner, Haley	4) Sutherland, Madison	
4 Belmont Abbey	A	51.55
1) Banks, Jasmine	2) Thierfelder, Ann	
3) Feehan, Ella	4) Thomas, Alexandra	

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Event 18 Men 4x100 Meter Relay

Team	Relay	Finals
Finals		
1 Ferrum	A	43.28
1) Greene, Na-Shawn	2) Lawson, Deontae	
3) Smith, Jordan	4) Jones, Jahmal	
2 Ferrum	B	46.49
1) Terry, Joseph	2) McClung, Logan	
3) McPherson, DaMauri	4) Church, Conner	

Event 19 Women 1500 Meter Run

Name	School	Finals
Finals		
1 Vazquez, Ermay	King	5:03.59
2 Overholt, Olivia	Lenoir-Rhyne	5:04.85
3 Berrier, Emma	Unc-Greensbo	5:07.67
4 Zuniga, Mia	Belmont Abbe	5:11.65
5 Douglass, Lillian	Unc-Greensbo	5:15.36
6 Carlson, Camille	Unc-Greensbo	5:15.57
7 Ward, Emily	King	5:16.55
8 Gaskin, Isis	Lenoir-Rhyne	5:16.66
9 Harris, Kennedy	Emory & Henr	5:18.22
10 Harrison, Kaitlyn	Unc-Greensbo	5:22.89
11 Tate, McKenzie	Emory & Henr	5:28.04
12 Flores-Gutierrez, Daniela	Lenoir-Rhyne	5:28.47
13 Deveau, Annika	Belmont Abbe	5:30.26
14 Manfre, Bella	Unc-Greensbo	5:39.96
15 Kleiber, Rebecca	Lees-McRae	5:40.93
16 Turner, Maya	Emory & Henr	5:43.15
17 Meyers, Hailey	Unc-Greensbo	5:50.40
18 Cannon, Shaylen	Uva-Wise	5:54.42
19 Wray, Alice	Belmont Abbe	6:57.86

Event 20 Men 1500 Meter Run

Name	School	Finals
Finals		
1 Hickman, Harrison	Lenoir-Rhyne	4:08.15
2 Baldwin, Miles	Emory & Henr	4:12.03
3 Adams, Jonah	Uva-Wise	4:12.84
4 Tindall, Samuel	Emory & Henr	4:14.80
5 Hetzel, John	Belmont Abbe	4:15.17
6 Legato, Jake	Belmont Abbe	4:16.45
7 Weesner, Judah	Unc-Greensbo	4:16.99
8 Kilpatrick, Sean	King	4:19.67
9 Carr, Ben	King	4:20.22
10 Mvovi, Glodi	Unc-Greensbo	4:20.46
11 Utsey, Spencer	King	4:21.93
12 Niloff, Tyler	Unc-Greensbo	4:22.13
13 Hatcher, Lance	King	4:23.66
14 Bryant, Chase	Lenoir-Rhyne	4:24.52
15 Nkere, Ireng	Belmont Abbe	4:25.02
16 Schilter, Sam	Belmont Abbe	4:27.01
17 Willett, Adam	Belmont Abbe	4:28.13
18 Douglas, Chad	Uva-Wise	4:29.09

19 Gribbins, Ben	Lees-McRae	4:30.65
20 Hamilton, Jerry	Uva-Wise	4:30.79
21 Deichert, Evan	King	4:31.42
22 Pecina, Lakota	Emory & Henr	4:32.40
23 Muhly, Braydon	King	4:32.78
24 Wilson, Aaron	Emory & Henr	4:34.14
25 Sanders, Mason	King	4:34.72
26 Lee, Mason	Emory & Henr	4:36.74
27 Harrelson, James	Unc-Greensbo	4:39.20
28 Ryder, Kayden	Ferrum	4:39.46
29 Kegler, Gavin	Emory & Henr	4:40.00
30 Sause, Brian	Belmont Abbe	4:43.60
31 Thanos, Logan	Unc-Greensbo	4:45.36
32 Brownlee, JT	Unc-Greensbo	4:46.22
33 Latham, Carson	Uva-Wise	4:49.82
34 Dalton, Ethan	Emory & Henr	4:51.81
35 Childress, Luke	King	4:52.07
36 Mullins, Donald	Emory & Henr	4:54.05
37 Waclawik, Mark	Belmont Abbe	5:01.79
--- Pugh, Hayden	Emory & Henr	DNF

Event 21 Women 100 Meter Hurdles

Name	School	Finals
Finals		
1 Green-White, Theresa	Tusculum	14.00 3.1
2 Moore, Kori	Tusculum	14.38 2.2
3 Marr, Miranda	Lenoir-Rhyne	14.99 3.1
4 Thomas, Alexandra	Belmont Abbe	15.04 3.1
5 Feehan, Ella	Belmont Abbe	16.48 2.2
6 Strouth, Braelynn	Uva-Wise	16.85 2.2
7 Phillips, Paige	Uva-Wise	16.89 2.2
8 Harris, Abby	Emory & Henr	17.14 3.1
9 Cristensen, Hope	Emory & Henr	20.58 3.1

Event 22 Men 110 Meter Hurdles

Name	School	Finals
Finals		
1 Sutton, Liam	Lenoir-Rhyne	14.69 1.3
2 Nabi, Nour	Emory & Henr	15.81 1.3
3 West, Kahlil	Lenoir-Rhyne	15.96 1.3
4 Dixon, Korbin	Emory & Henr	17.92 1.3
5 Dingus, Abel	Uva-Wise	19.55 1.3
6 Bishop, Landon	Uva-Wise	19.71 1.3
--- Mills, Kaleb	Lenoir-Rhyne	DNF 1.3

Event 23 Women 100 Meter Dash

Name	School	Finals
Finals		
1 Hart, Jahzara	Tusculum	11.45 2.1
2 Cox, Shanice	Tusculum	11.90 2.1
3 Taylor, Kiera	Tusculum	11.97 2.1
4 Castlin, Qitarah	Tusculum	12.01 2.2
5 Alejandro-Ortiz, Damyja	Lenoir-Rhyne	12.07 2.1
6 Priester, Sharonda	Lenoir-Rhyne	12.10 2.2
6 Green-White, Theresa	Tusculum	12.10 2.1

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	Name	School	Finals	
8	McGrath, Molly	Lenoir-Rhyne	12.13	2.1
9	Banks, Jasmine	Belmont Abbe	12.30	2.5
10	Shelton, Alonda	Tusculum	12.43	2.5
11	Blakey, Aiyana	Emory & Henr	12.55	2.5
12	Taylor, Symone	Lees-McRae	12.67	2.5
13	Camire, Sandryne	Lees-McRae	12.81	2.5
14	Millard, Milania	Unc-Greensbo	12.99	2.2
15	Dittrich, Agustina	Tusculum	13.01	2.9
16	Tolliver, Eva	Tusculum	13.02	2.9
17	Armstead, Samaya	King	13.09	2.5
18	Dawson, Olivia	Unc-Greensbo	13.16	2.9
19	Williams, Kiarrah	Unc-Greensbo	13.52	2.2
20	Saulters, Sidnee	Lenoir-Rhyne	13.54	2.9
21	Knight, Ella	Emory & Henr	13.58	2.2
22	Thomas, Kai	Emory & Henr	13.61	2.5
23	Ansari, Jaida	Lenoir-Rhyne	13.67	2.5
24	Beverley, Airiana	Ferrum	13.69	2.2
25	Matos, Illiana	Belmont Abbe	13.77	2.2
26	Kelley, Emma	Ferrum	14.25	2.2
27	Wagner, Zoie	Ferrum	15.45	2.2
28	Rah, Sara	Ferrum	15.98	2.9
29	Parks, Hannah	Ferrum	16.64	2.2

Event 24 Men 100 Meter Dash

	Name	School	Finals	
Finals				
1	Olson, Isaiah	Tusculum	10.38	2.4
2	Jones, Jahmal	Ferrum	10.45	5.1
3	Yearly, Caleb	Uva-Wise	10.52	2.4
4	Humphrey, Will	Emory & Henr	10.66	2.4
5	Spain, Havyn	Lenoir-Rhyne	10.78	3.6
5	James, Bryce	App State	10.78	5.1
7	Stevens, Dominick	King	10.81	2.4
8	Reyes, Isaiah	Lenoir-Rhyne	10.88	3.0
9	Hornsby, Khalid	Lenoir-Rhyne	10.89	2.4
10	Roberson, Tye	Lenoir-Rhyne	10.92	2.4
11	Davis, Albert	Belmont Abbe	10.94	1.8
12	White, Christian	Belmont Abbe	10.97	1.8
13	Black, Joshua	Emory & Henr	10.99	1.8
14	Honeycutt, Peyton	Uva-Wise	11.01	5.1
15	Madsen, Max	Ferrum	11.04	3.6
16	Pickett, Kayvon	Tusculum	11.06	3.6
16	Turner Jr, Royce	Lenoir-Rhyne	11.06	2.4
18	Branch, Barlowe	Emory & Henr	11.10	1.8
19	Lawson, Deontae	Ferrum	11.26	5.1
20	McPherson, DaMauri	Ferrum	11.27	5.1
21	Williams, Khalid	Emory & Henr	11.31	3.0
22	Nickelson, Trae	App State	11.59	3.6
23	Terry, Joseph	Ferrum	11.63	3.6
24	Jenkins, Justin	Unattached	12.03	3.0
25	Messi, Bryce	Emory & Henr	12.08	1.8
26	Easley, Cameron	Ferrum	12.41	3.0
27	Thomas, Jaleal	Lenoir-Rhyne	12.75	1.8

Event 25 Women 400 Meter Dash

	Name	School	Finals	
Finals				
1	Linder, Ja-Naya	App State	57.39	
2	Gray, Tashianna	Tusculum	58.96	
3	Cobb, Ellie	Lees-McRae	1:02.48	
4	Martinka, Landri	Lees-McRae	1:02.49	
5	Thompson, Tori	Belmont Abbe	1:03.26	
6	Faulkner, Haley	Uva-Wise	1:03.67	
7	Turner, Maya	Emory & Henr	1:04.15	
8	Wilson, Peyton	Unc-Greensbo	1:04.89	
9	Brodth, Kylie	Uva-Wise	1:06.71	
10	DeJesus, Jayline	Lenoir-Rhyne	1:08.99	
11	Buerkle, Emily	Belmont Abbe	1:22.52	

Event 26 Men 400 Meter Dash

	Name	School	Finals	
Finals				
1	Smith, Jordan	Ferrum	49.34	
2	Roberts, Francis	Uva-Wise	49.85	
3	Henfield, Matthew	King	50.96	
4	McGroarty, Jude	Belmont Abbe	51.15	
5	Grant, Thomas	King	51.44	
6	Harris, Jonathan	Tusculum	51.91	
7	McFadden, Travis	Unc-Greensbo	52.87	
8	Kitapindu, Benit	Tusculum	53.08	
9	Pecina, Takotah	Emory & Henr	53.47	
10	Johnson, Morris	Lees-McRae	54.40	
11	Johnson, Cole	King	54.72	
12	Garrigan, Joesph	Emory & Henr	54.77	
13	Holmes, Caleb	Lenoir-Rhyne	55.02	
14	DeBoard, Nick	Uva-Wise	55.07	
15	Wilson, Aaron	Emory & Henr	55.52	
16	Secor, Shane	Lees-McRae	56.20	
17	Nunley, Brandon	King	56.31	
18	Oglesby, Hayden	Emory & Henr	56.83	
19	Jenkins, Justin	Unattached	57.12	
20	Bourgin, William	Uva-Wise	1:00.36	
21	Worley, Evan	Emory & Henr	1:01.25	

Event 27 Women 800 Meter Run

	Name	School	Finals	
Finals				
1	Suite, Alayna	Tusculum	2:32.84	
2	McDonnell, Emily	Lenoir-Rhyne	2:33.07	
3	Lowery, Amanda	King	2:33.50	
4	Young, Elizabeth	Belmont Abbe	2:36.43	
5	Taylor, Blair	Unc-Greensbo	2:39.47	
6	Humiston, Megan	Tusculum	2:41.85	
7	Wilkerson, Miranda	Belmont Abbe	2:47.65	
8	Adams, Grace	Uva-Wise	2:48.44	
9	Burk, Laila	Unc-Greensbo	2:48.74	
10	Kleiber, Rebecca	Lees-McRae	2:49.13	
11	Moore, Alexis	Belmont Abbe	2:49.92	

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Finals ... (Event 27 Women 800 Meter Run)

Name	School	Finals
12 Hamilton, Amelia	Uva-Wise	2:52.51
13 Sisk, Jayden	Uva-Wise	2:56.43
14 Cannon, Shaylen	Uva-Wise	3:00.29
15 Poston, Nicole	Uva-Wise	3:04.11
16 Caliendo, Tori	Tusculum	3:09.24
17 Smith, Kielely	Tusculum	3:10.23
18 Buerkle, Emily	Belmont Abbe	3:27.21
19 Wray, Alice	Belmont Abbe	3:27.27

Event 28 Men 800 Meter Run

Name	School	Finals
1 Zuniga, Kolbe	Belmont Abbe	2:02.16
2 Utsey, Spencer	King	2:02.94
3 Baldwin, Miles	Emory & Henr	2:04.97
4 Schilter, Sam	Belmont Abbe	2:05.83
5 Cabascango, Cristian	Lenoir-Rhyne	2:05.88
6 Kilpatrick, Sean	King	2:06.19
7 Carson, Levi	Tusculum	2:06.73
8 Bogus, Xavion	Tusculum	2:07.70
9 Adams, Jonah	Uva-Wise	2:08.17
10 Pecina, Lakota	Emory & Henr	2:08.43
11 Locklear, Landen	Tusculum	2:08.77
12 Dugan, Keanu	Lenoir-Rhyne	2:09.10
13 Thierfelder, Peter	Belmont Abbe	2:11.58
14 Connick, Spencer	Unc-Greensbo	2:13.55
15 Douglas, Chad	Uva-Wise	2:13.62
16 Hamilton, Jerry	Uva-Wise	2:13.85
17 Ryder, Kayden	Ferrum	2:17.52
18 Muhly, Braydon	King	2:18.69
19 Dalton, Ethan	Emory & Henr	2:19.02
20 Lee, Mason	Emory & Henr	2:21.03
21 Gao, Richard	Lenoir-Rhyne	2:24.63
22 Sizemore, Hunter	Lees-McRae	2:30.07

Event 29 Women 400 Meter Hurdles

Name	School	Finals
1 Moore, Kori	Tusculum	1:07.02
2 Scott, Corlasia	App State	1:09.67
3 Ricketts, Madison	Emory & Henr	1:10.97
4 Tolliver, Eva	Tusculum	1:12.79
5 Kegglian, Caitlin	Belmont Abbe	1:14.89
6 Harris, Abby	Emory & Henr	1:15.57
7 Lindsey, Caydence	Belmont Abbe	1:19.29
8 Hall, Adrianna	Emory & Henr	1:21.85

Event 30 Men 400 Meter Hurdles

Name	School	Finals
1 Gore, Christian	App State	57.98
2 Ross, John	Tusculum	57.99
3 Brannen, Miller	App State	59.00

4 Scott, Lodrick	Lees-McRae	59.37
5 Nabi, Nour	Emory & Henr	59.64
6 King, Parker	Unattached	1:02.17
7 Dixon, Korbin	Emory & Henr	1:02.88
8 McClung, Logan	Ferrum	1:03.12
9 Miller, Skyler	King	1:03.33
10 Nkere, Ireng	Belmont Abbe	1:03.50
11 Wilson, Dejuan	Belmont Abbe	1:08.07
12 Sause, Brian	Belmont Abbe	1:15.23
--- Branch, Barlowe	Emory & Henr	FS

Event 31 Women 200 Meter Dash

Name	School	Finals
1 Alejandro-Ortiz, Damyja	Lenoir-Rhyne	24.37 1.5
2 Cox, Shanice	Tusculum	24.50 1.5
3 Castlin, Qitarah	Tusculum	24.73 1.5
4 Priestler, Sharonda	Lenoir-Rhyne	24.80 2.5
5 Taylor, Kiera	Tusculum	24.90 1.5
6 Udo-Obong, Zanetta	Lenoir-Rhyne	24.94 1.5
7 Green-White, Theresa	Tusculum	25.04 2.5
8 Day, Jani	Lenoir-Rhyne	25.18 2.5
9 McGrath, Molly	Lenoir-Rhyne	25.22 2.5
10 Gray, Tashianna	Tusculum	25.63 1.4
11 Banks, Jasmine	Belmont Abbe	25.73 2.5
12 Owens, Kimberley	Lenoir-Rhyne	25.79 2.5
13 Shelton, Alonda	Tusculum	25.90 1.5
14 Etienne, Mathilde	Lenoir-Rhyne	26.13 1.4
15 Blakey, Aiyana	Emory & Henr	26.26 1.4
16 Outland, Madison	Uva-Wise	26.38 1.4
17 McDonald, Kennedy	Lenoir-Rhyne	26.64 2.5
18 Thomas, Alexandra	Belmont Abbe	26.66 2.5
19 Sutherland, Madison	Uva-Wise	26.96 1.4
20 Camire, Sandryne	Lees-McRae	26.98 1.4
21 Millard, Milania	Unc-Greensbo	27.13 1.4
22 Armstead, Samaya	King	27.31 2.5
23 Williams, Mia	Belmont Abbe	27.74 2.5
24 Dawson, Olivia	Unc-Greensbo	27.82 2.5
25 Feehan, Ella	Belmont Abbe	27.97 2.5
26 Ansari, Jaida	Lenoir-Rhyne	27.99 2.5
27 Saulters, Sidnee	Lenoir-Rhyne	28.17 -0.6
28 Matos, Illiana	Belmont Abbe	28.36 -0.6
29 Williams, Kiarrah	Unc-Greensbo	28.37 2.5
30 Phillips, Paige	Uva-Wise	28.63 -0.6
31 Ansley-Cureton, Destiny	Uva-Wise	28.65 1.4
32 Beverley, Airiana	Ferrum	28.70 -0.6
33 Spangler, Mia	Emory & Henr	28.82 0.2
34 Thomas, Kai	Emory & Henr	28.87 -0.6
35 Soles, Lacey	Lenoir-Rhyne	29.28 -0.6
36 Strouth, Braelynn	Uva-Wise	29.42 0.2
37 Kelley, Emma	Ferrum	29.91 0.2
38 Martindale, Catherine	Lenoir-Rhyne	32.21 0.2
39 Wagner, Zoie	Ferrum	34.17 0.2
40 Parks, Hannah	Ferrum	35.96 0.2

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Event 32 Men 200 Meter Dash

Name	School	Finals
Finals		
1 Olson, Isaiah	Tusculum	21.15 1.7
2 Parker, Brandon	App State	21.45 1.7
3 Jones, Jahmal	Ferrum	21.50 1.7
4 Spain, Havyn	Lenoir-Rhyne	21.56 1.7
5 Yeary, Caleb	Uva-Wise	21.67 1.7
6 Hornsby, Khalid	Lenoir-Rhyne	21.79 1.7
7 Kinney, Parker	App State	21.87 1.3
8 James, Bryce	App State	21.93 3.6
9 Sutton, Liam	Lenoir-Rhyne	21.99 3.6
10 Harris, Jonathan	Tusculum	22.08 1.9
11 Stevens, Dominick	King	22.12 1.3
12 Roberts, Francis	Uva-Wise	22.46 3.6
12 Pickett, Kayvon	Tusculum	22.46 3.5
14 Humphrey, Will	Emory & Henr	22.52 1.3
15 Honeycutt, Peyton	Uva-Wise	22.53 1.9
16 Carter, Malachi	Lenoir-Rhyne	22.68 1.7
16 McGroarty, Jude	Belmont Abbe	22.68 3.5
18 Black, Joshua	Emory & Henr	22.78 3.6
19 Crumpler, Sean	Lenoir-Rhyne	22.93 1.9
20 Greene, Na-Shawn	Ferrum	22.97 3.6
21 Lawson, Deontae	Ferrum	23.02 1.3
22 Smith, Jordan	Ferrum	23.09 1.9
23 Williams, Khalid	Emory & Henr	23.27 1.9
24 Garrigan, Joesph	Emory & Henr	23.50 3.5
25 Kitapindu, Benit	Tusculum	23.71 3.5
26 McPherson, DaMauri	Ferrum	23.78 3.6
27 DeBoard, Nick	Uva-Wise	23.87 3.5
28 Terry, Joseph	Ferrum	24.01 3.5
29 Childress, Jaiden	Ferrum	24.06 1.2
30 Noel, Avone	Uva-Wise	24.45 1.2
31 Simone, Colby	King	24.82 3.5
32 Messi, Bryce	Emory & Henr	25.50 1.2
33 Dingus, Abel	Uva-Wise	25.55 2.0
34 Thomas, Jaleal	Lenoir-Rhyne	26.10 1.2
35 Easley, Cameron	Ferrum	26.13 1.2
36 Worley, Evan	Emory & Henr	26.45 1.2
37 Bishop, Landon	Uva-Wise	27.22 2.0

Event 33 Women 3000 Meter Steeplechase

Name	School	Finals
Finals		
1 Russum, Emma	App State	10:58.10
2 Kessler, Elizabeth	Lenoir-Rhyne	11:34.20
3 Moore, Savannah	App State	12:09.15
4 McKinney, Elise	Emory & Henr	12:54.63
--- Hodge, Regan	App State	DNF
--- Kane, Karsyn	App State	DNF

Event 34 Men 3000 Meter Steeplechase

Name	School	Finals
Finals		
1 Lipham, Ethan	App State	9:22.62
2 Smith, Steven	App State	9:46.32
3 Pote, Josh	App State	9:54.80
4 Freeman, Rien	Lees-McRae	10:02.44
5 Riggs, Isaac	Lenoir-Rhyne	10:18.15
6 Norman, Davis	Emory & Henr	10:19.92
7 Owens, Justin	Emory & Henr	10:36.61
8 Sanders, Mason	King	10:38.66
9 Casteel, Ben	Belmont Abbe	10:41.75
10 King, Parker	Unattached	11:18.09
11 Adamson, Tiernan	Belmont Abbe	11:18.18
12 Mills, Josh	Ferrum	11:40.97
13 Crouch, Greyson	Ferrum	13:38.24

Event 35 Women 4x400 Meter Relay

Team	Relay	Finals
Finals		
1 Lenoir-Rhyne	B	4:20.75
1) Overholt, Olivia	2) Carmona, Maria	
3) Christe, Caitlyn	4) Kessler, Elizabeth	
--- Lenoir-Rhyne	A	DNF
1) Etienne, Mathilde	2) Ulanday, Sofia	
3) Nemanyle, Patricija	4) Marr, Miranda	
--- App State	A	DNF
1) Scott, Corlasia	2) Linder, Ja-Naya	
3) Littlejohn, Zaniya	4) McCord, Mariah	

Event 36 Men 4x400 Meter Relay

Team	Relay	Finals
Finals		
1 Tusculum	A	3:26.27
1) Bogus, Xavion	2) Olson, Isaiah	
3) Ross, John	4) Harris, Jonathan	
2 Lenoir-Rhyne	A	3:26.30
1) West, Kahlil	2) Hickman, Harrison	
3) Enongene, Dion	4) Thatcher, Oliver	
3 Lenoir-Rhyne	B	3:36.73
1) Hines, Donovan	2) Cabascango, Cristian	
3) Woolard, Tylei	4) Davis, Antonyio	
4 Lenoir-Rhyne	C	3:46.71
1) Hornsby, Khalid	2) Hill, Omarion	
3) Thomas, Jaleal	4) Tabb, Rodney	

Event 37 Women 1500 Meter Run Invite

Name	School	Finals
Finals		
1 Ammon, Rhys	App State	4:42.06
2 Christe, Caitlyn	Lenoir-Rhyne	4:48.87
3 Sosa, Victoria	Unc-Greensbo	4:51.92
4 Budzinski, Bre	App State	4:53.29
5 Carmona, Maria	Lenoir-Rhyne	4:54.23

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Finals ... (Event 37 Women 1500 Meter Run Invite)

Name	School	Finals
6 Knapp, Megan	Lees-McRae	4:55.30
7 Quinn, Maddie	App State	4:58.94
8 Douglass, Tenley	Unc-Greensbo	5:01.94
9 Whitley, Morgan	King	5:02.03
10 Johnson, Katie	App State	5:17.86

Event 38 Men 1500 Meter Run Invite

Name	School	Finals
Finals		
1 Barnard, Sam	Unc-Greensbo	4:01.44
2 Fiore, Will	App State	4:02.99
3 Hamilton, Andrew	Unc-Greensbo	4:03.61
4 Keck, Colin	Unc-Greensbo	4:04.53
5 Prochaska, Lane	Unc-Greensbo	4:06.16
6 Pena, Evan	Unc-Greensbo	4:08.83
7 Nichols, Jackson	App State	4:12.00
8 Pierce, Brennen	Lees-McRae	4:14.56

Event 39 Women 800 Meter Run Invite

Name	School	Finals
Finals		
1 Dragovich, Reese	Hillsdale	2:12.11
2 Ollendick-Smith, Addison	App State	2:12.95
3 Battel, Ella	App State	2:23.11
4 Vazquez, Ermay	King	2:24.84
5 Zuniga, Mia	Belmont Abbe	2:25.75
6 Henderson, Serena	Unc-Greensbo	2:28.54
7 Somervell, Tess	Emory & Henr	2:31.00
8 Harris, Kennedy	Emory & Henr	2:33.32
9 Deveau, Annika	Belmont Abbe	2:38.39
10 Tate, McKenzie	Emory & Henr	2:41.23

Event 40 Men 800 Meter Run Invite

Name	School	Finals
Finals		
1 Haskett, Rylan	App State	1:55.64
2 Gillis, Joshua	Lees-McRae	1:56.06
3 Crumpler, Marcus	Lenoir-Rhyne	1:56.65
4 Hubbard, Clinton	Belmont Abbe	1:57.99
5 Makemson, Zach	App State	1:59.54
6 Hetzel, John	Belmont Abbe	1:59.94
7 Tindall, Samuel	Emory & Henr	2:00.12
8 Kegler, Gavin	Emory & Henr	2:00.40
9 Abdullahi, Khalid	Unc-Greensbo	2:00.72
10 Willett, Adam	Belmont Abbe	2:00.75
11 Legato, Jake	Belmont Abbe	2:02.88
12 Hatcher, Lance	King	2:09.28

Event 41 Women 5000 Meter Run Invite

Name	School	Finals
Finals		
1 Eller, Delaney	Emory & Henr	17:55.79
2 Donohue, Jasmine	Unat-App Sta	17:59.46

3 Maynard, Linnea	App State	17:59.70
4 Breault, Catherine	App State	18:16.57
5 Farris, Lana	App State	18:21.51
6 Biagini, Mary	App State	18:25.57
7 Sicilia, Zoila	Lenoir-Rhyne	18:49.10
8 Porter, Alexis	Uva-Wise	18:51.58
9 Young, Elizabeth	Belmont Abbe	18:57.71
10 Roach, Riley	App State	19:23.42
11 Granberg, Abby	App State	19:28.48
12 Cronin, Eva	Lenoir-Rhyne	20:11.88
13 Kraver, Kaylee	Lees-McRae	20:49.94
14 Fiscus, Madison	Emory & Henr	20:50.93
15 DiNapoli, Francesca	Belmont Abbe	22:07.74
--- Quinn, Maddie	App State	DNF

Event 42 Men 5000 Meter Run Invite

Name	School	Finals
Finals		
1 Rich, Memphis	App State	15:11.22
2 Sangster, Tucker	App State	15:25.67
3 Burrell, Chase	App State	15:27.98
4 Guerrant, Pierson	Unc-Greensbo	15:40.58
5 Reyna, Isaac	Lees-McRae	15:49.75
6 Klapak, Matthew	Emory & Henr	16:29.93
7 Zuniga, Kolbe	Belmont Abbe	16:42.38
8 Trautman, Aidan	Emory & Henr	16:48.51
9 Almer, Dorian	Uva-Wise	16:53.43
10 Coffman, Dominic	Belmont Abbe	17:12.36
11 Casteel, Ben	Belmont Abbe	17:18.25
12 Ricker, Jerry	Tusculum	17:20.55
13 Henzey, Tommy	Emory & Henr	17:24.26
14 Davis, Ethan	Belmont Abbe	17:39.34
15 Hubbard, Clinton	Belmont Abbe	17:42.87
16 Drysch, Ryan	Tusculum	17:43.09
17 Miller, Jonas	Belmont Abbe	17:50.70